

POST SHORTS

Recycling schedule



The recycling pickup for Wednesday, Aug. 17, is paper. Put items in paper bags, boxes or bundles and place them on the curb.

Army relieves general of his command

The Chief of Staff of the Army directed the relief of Gen. Kevin P. Byrnes from his position as Commanding General, U.S. Army Training and Doctrine Command Aug. 8. The investigation upon which this relief is based is undergoing further review to determine the appropriate final disposition of this matter.

Lyme disease presentation

The Aberdeen Proving Ground Disability Committee is sponsoring a Lyme disease presentation 2 p.m., Aug. 11 at the Edgewood Conference Center, building E-4811.

Sandra Evans with the Entomology Division of the U.S. Army Center for Health Promotion and Preventive Medicine will be the guest speaker.

For more information, call Judy Matthews, 410-278-3050. For directions, call Nick Kyriazis, 410-436-1052.

DLES hosts 'Night Out Against Crime'

The APG Community Policing Unit invites everyone in the APG community to join in the National Night Out Against Crime Aug. 12.

The APG Police will sponsor a cookout 7 to 10 p.m. at the McGruff House located at E-3847 Flag Court, along with the traditional "lights on" and front porch vigil, whereby community support is shown by leaving porch lights on during the hours of darkness.

Whether attending the evening's event or not, everyone is encouraged to participate in the "lights on" portion of the program.

See SHORTS, page 5



Todd Beser, a University of Maryland grad student working with the U.S. Army Environmental Center, uses a Secchi Dish to measure light concentration in the waters of the Gunpowder River as part of the partnership efforts to increase and maintain submerged aquatic vegetation levels in the Chesapeake Bay.

APG partnership continues efforts to save the bay



Audrey Hansen, a research assistant with the Chesapeake Research Consortium rakes vegetation out of the Gunpowder River.

Story and photos by
Yvonne Johnson
APG News

An ongoing partnership between Aberdeen Proving Ground organizations is resulting in continuous improvement in the restoration of submerged aquatic vegetation along the installation's shorelines.

Begun in 1996 as an undergraduate project for a University of Maryland student, the SAV project has resulted in improved vegetative resources for the water's abundant species.

The partnership includes continuous sampling, monitoring and evaluation by the U.S. Army Aberdeen Test Center, the U.S. Army Environmental Center and the Garrison's Directorate of Safety, Health and Environment, as well as the Chesapeake Research Consortium.

Todd Beser is the second UMD student to oversee the daily mission that includes sampling, groundtruthing and restoration from April to October. The first student, Julie Bortz, now works at the Anita C. Light Estuary Center at Otter Point Creek.

A graduate fellow majoring in environmental science, Beser said the project's main goal is to provide 100 percent SAV coverage of the Bush and Gunpowder rivers by 2010, a total of 2,412 acres.

"APG waters were affected by the drought conditions in 2002 and 2003 through increases in water temperatures and salinity," Beser said. "These conditions caused a large decrease in fresh water species. A return to natural conditions has allowed SAV in APG and surrounding waters to expand dramatically, he added.

"It seems a few good years in a row can help natural populations in the numbers that have been observed," Beser said.

Along with Beser, Audrey Hansen, a CRC research assistant, collects water and vegetation samples from the APG waters and submits them for evaluation.

There are 14 species of SAV in APG waters, Hansen said.

"The current concern is with algae and sediments that can block sunlight as well as with invasive species that can overwhelm the natural SAV," she said.

"Even though they are invasive, some grass is better than no grass," Beser added.

He noted that despite last year's passing rains from a couple of storm systems, including Hurricane Ivan, the SAV endured. Hurricanes, through wave action and the stirring up of sediments, can negatively impact vegetation.

"It all depends on the timing," Beser said. "The later in the season, the less damage."

"This year the Gunpowder [River] is as good or better than last year," Beser said.

Beser is enrolled in the UMD Marine Estuarine Environmental Sciences program.

The Maryland native said he wants nothing more than to continue working on efforts to save the bay.

Along with testing and sampling, his job includes conducting educational outreach programs to local schools like South Hampton Middle School and Prospect Mill Elementary.

See SAV, page 3

Miller Lite Concert Tour features Miranda Lambert

Yvonne Johnson
APG News

Nashville recording artist Miranda Lambert will join fellow artists Terri Clark, Chely Wright and Julie Roberts for the Miller Lite Army Concert Tour at Aberdeen Proving Ground's Shine Sports Field Aug. 20.

The concert begins 7 p.m. and gates open 6 p.m. Tickets cost \$20 in advance, \$25 the day of the show. For tickets, call MWR Registration at 410-278-4011/4907, visit the Web site at www.apgmwr.com, or stop by the MWR Registration office in the APG Recreation Center, building 3326.

Country's newest 'cover girl'

Epic recording artist and singer/songwriter, Miranda Lambert's debut album "Kerosene," is an astoundingly strong and well-balanced collection according to CMT reviews.

And judging by the album's initial sales, Lambert is on the way to becoming one of the year's country music success stories. With sales of almost 40,000 copies during the seven-day period following its official release date on March 15, "Kerosene" will debut at the top of Billboard's country albums chart.

Lambert wrote six and co-wrote another five of the album's 12 songs, every one of which is wise, lyrically intricate, rich in images or

otherwise thought provoking. Her voice bears the wounded, if plucky, sound of someone who's hit a few walls and still keeps going.

Although Lambert had already been performing for years, the Lindale, Texas, native first achieved national prominence in 2003 as a contestant on the Nashville Star talent contest. She ultimately placed third in it.

"Nashville Star bumped my career up and made it go a lot faster than it would have," Lambert said.

She said she still keeps in touch with some of the people she competed with, including Buddy Jewell, who won the contest, and fellow contestant Travis Howard who co-wrote three songs for "Kerosene."

Many of the songs on "Kerosene" have to do with separation from home and family, an understandable concern for someone as young as Lambert. After living in Nashville for two years, she's moved back to her hometown and says she plans to stay there.

"I'm really strong in my roots, in where I grew up," she said. "I think my home and my friends at home and family keep me levelheaded



Courtesy of www.mirandalambert.com

when I tend to drift off."

Attractive though she is, Lambert said she's determined to make her name as a serious artist. In her press material, she's quoted as telling her record label, "I'll never dance around the stage in a halter top."

"I definitely think image is important," she said, "but I don't necessarily think you need to use your body. I want to be accepted for my music and my talent."

"I don't think I've made any compromises," she added. "I've been really fortunate to sign with Epic. I've been able to pick all the songs I wanted and be just me. I've been lucky."

Commissary announces upcoming specials

DeCA

The return of Dollar Days

Commissary customers loved the inaugural "Dollar Days" event in April, and took advantage of the millions of dollars in commissary savings. The deals are back in the commissary series worldwide, just in time for "back to school."

Dollar Days runs Aug. 11 through 24, and hundreds of items throughout the store will feature dollar pricing.

Customers might see two-for-a-dollar deals or perhaps three-for-two-dollars," said Patrick B. Nixon, chief executive officer and acting director of the Defense Commissary Agency. "Customers should look for the 'Extra Savings' signs throughout commissaries to find the

deals."

Worldwide case lot sale returns in September

The September worldwide commissary case lot sale will feature "bargains by the case" and savings of up to 50 percent off regular prices on popular items such as paper goods, beverages and cleaning supplies—and even refrigerated or meat items in some locations.

The hurricane season motto is 'Be prepared.'

"Be prepared" is the motto of the Boy Scouts. And since hurricane season began with a bang this year, commissary customers in hurricane-prone areas should "scout" out the savings and stock up ahead of the next storm.

The commissary benefit

saves authorized shoppers an overall average of 30 percent or more, including such essentials as bottled water, batteries, first-aid items, paper goods, canned foods and other non-

perishable items.

Having emergency supplies already on hand is one of the best ways to prepare for hurricanes and other inclement weather—before it strikes.

A preparedness checklist from the National Oceanic and Atmospheric Administration is available through a link on the front page of <http://www.commissaries.com>.

Watchcard

Do: Observe and report:

- Unusual or suspicious activity or suspected surveillance.
- Unusual questions or requests for information relating to capabilities, limitations, or operational information.
- Unusual vehicles operating in or around the installation.
 - Unusual phone calls, messages or e-mails.
 - Unusual contacts, on or off post.
- Unusual aerial activity near or around installation.
- Any possible compromise of sensitive information.

Do not:

- Discuss any aspect of military operations or planning.
- Discuss military capabilities or limitations.
- Discuss force protection measures, capabilities or posture.
- Disclose any information related to unit deployments.

Report any suspicious activity immediately to the APG Police:

Aberdeen, 410-306-2222, 4-2222

Edgewood, 410-436-2222, 5-2222

Off post in Maryland, 1-800-492-TIPS (8477) or call 911.

Your call may save lives.

Note - Do not take this card with you when on travel outside of the United States.

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Deployment News

Officials report progress, challenges in treating combat stress



Donna Miles
American Forces Press Service

Recognizing the link between combat and mental health symptoms, the Defense Department is working to improve the way it prevents, identifies and treats mental illness among troops who are serving or have served in Iraq and Afghanistan, Army officials told Congress July 27.

Surveys show that 19 to 21 percent of troops who have returned from combat deployments meet criteria for post-traumatic stress disorder, depression or anxiety, Army Col. Charles Hoge, chief of Psychiatry and Behavior Services at the Walter Reed Army Institute of Research, told the Committee on Veterans Affairs' Health Subcommittee. Of these, 15 to 17 percent of troops surveyed three to 12 months after their deployments had PTSD symptoms.

In general, Hoge said in his prepared testimony, PTSD rates were highest among units that served deployments of 12 months or more and had more exposure to combat. Rates were much

Illustration by BLAKE VOSHELL

are working to learn as much as possible and adjusting their programs to better prevent symptoms from arising and treat troops who need it. Part of that effort, he said, is an ongoing survey focused on combat operational units that includes post-deployment assets conducted three times after their deployments: at three to four months, six months and 12 months.

Hoge reported a "substantial increase" in Operation Iraqi Freedom veterans seeking mental health care, but said the same factors that prevent many civilians from seeking mental health care apply to service members as well.

Studies show that Soldiers and Marines are concerned that they'll be treated differently in their units if their peers or leaders know they're getting mental health treatment. Others say they can't get the time off work to get care, or don't have transportation to get treatment. And men are less likely to seek mental health help than women, Hoge said.

The military is working to overcome these barriers and better serve troops who need care, Hoge said. Research projects are

lower for troops returning from Afghanistan than Iraq, with 6 percent of Operation Enduring Freedom veterans surveyed experiencing PTSD symptoms.

In addition, many returning service members may not have a full-blown psychiatric disorder, but experience some form of psychological distress after their wartime service, Army Lt. Col. Charles Engel, director of the Department of Defense Deployment Health Clinical Center, told the subcommittee.

Calling mental health symptoms "common and expected reactions to combat," Hoge said DoD and the Army are focusing on identifying symptoms and intervening earlier, improving access to mental health care and evaluating mental health programs already in place. DoD also is working with the Department of Veterans Affairs and other groups to improve awareness about depression and PTSD among primary-care professionals and promote routine screening in primary care, he said.

Recognizing that Soldiers are more likely to report mental health problems three to four months after a deployment than when they first return, DoD has expanded its post-deployment health assessment program. The department also is evaluating interventions such as psychological debriefing, and is developing training modules to help better educate Soldiers, leaders and health-care providers, Hoge said.

As these efforts move forward, Engel said, it's critical that adequate mental health and operational stress control services are available to service members, while in the combat environment as well as after redeployment.

And while providing the best mental health services possible, DoD also must convey an important message to service members that the reactions they may experience after combat "are common and expected," Hoge said. Getting that message across is a key to reducing the stigma associated with getting mental health care and to promoting earlier intervention, he said.

"We have made great strides in improving access to mental health care programs," Engel told the subcommittee. "But if you consider all the untapped demand out there, we may still have challenges to overcome."

A key, he said is making service members more willing to offer frank accounts of their mental state, something Engel said requires confidentiality and trust. If the military doesn't ensure that trust, provide the needed care and protect the careers of those who seek it, "then we will not be able to reliably detect and diagnose these illnesses and provide proper care and assistance," he said.

As a result, Engel told the subcommittee, "those in need will reject our services and keep their personal problems to themselves until they balloon out of control."

Army assesses behavioral health of Soldiers in Iraq

John D. Banusiewicz
American Forces Press Service

The Army has made significant inroads in improving the behavioral health of Soldiers deployed to Iraq, according to a report released the week of July 22.

Lt. Gen. (Dr.) Kevin C. Kiley, the Army's surgeon general, established an Operation Iraqi Freedom mental health advisory team in July to assess behavioral health of Soldiers in the Army's second wave of troops deployed to Iraq. A similar team – called MHAT-I for short – studied the Army's first Operation Iraqi Freedom deployment that kicked off in March 2003.

Besides taking "snapshots" of the behavioral health situation, the charter for both teams included recommending improvements, said Col. Virgil J. Patterson, chief of the Soldier and Family Support Branch at the Army Medical Department Center and School, Fort Sam

Houston, Texas. Patterson headed both MHATs. The second team also followed up on the first team's report, he said.

"We had made a number of recommendations," he said, "and we went over to see how they'd implemented those recommendations."

MHAT-I found that 72 percent of Soldiers in the initial Iraq deployment reported "low" or "very low" unit morale, while only 54 percent of the Soldiers who replaced them and were studied by MHAT II described their unit's morale that way. Patterson cited a wide range of factors that he believes contributed to the upswing.

"When we were there the first time, they were in transition from being a mobile fighting force ... and were starting to move into what we call 'hard-stand,' or forward operating, bases," he said. "The quality of life improved significantly over that year. Soldiers were getting much better meals and dining facil-

ities, they were in air-conditioned tents, at least, if not air-conditioned buildings, (and) communication with home was much, much better."

Morale, Welfare and Recreation facilities with telephones and Internet access became available at the bases, along with gyms, libraries and other recreational facilities, Patterson noted. Such quality-of-life issues are very important to every Soldier, he said, especially for Soldiers in a ground war.

"When you go weeks, if not perhaps several months, without a hot shower and you now are suddenly in a place where you can get a hot shower on a regular basis, that is a big morale booster," Patterson said. "Being in a facility where it's not 130 or 140 degrees in your tent is a big morale booster. You get a good night's sleep."

The implementation of better training and a rotation policy under which

See HEALTH, page 12

Virtual convoy, IED training helps Soldiers worldwide

Monica Barrera
Army News Service

The Army has fielded 125 simulation trainers for the detection of improvised explosive devices and to teach other advanced skills needed for tactical convoys in Iraq and Afghanistan.

These training devices include virtual theaters, simulators, and mobile objects devised by the Program Executive Office for Simulation, Training and Instrumentation.

Dr. Jim Blake, Program Executive Officer for STRI said understanding the requirements and capabilities wanted from Soldiers is what will optimize the effectiveness of the training and equipment.

"Now with the expeditionary capability, there is going to be a desire to move these things very rapidly, just like you move the force," he said.

STRI is now producing the next 600 simulators after receiving feedback from Soldiers. There are 200,000 to 250,000 troops participating in the training or involved in training fellow Soldiers on the current 125 located from Fort Bragg, N.C., to Afghanistan.

IED simulators provide an asymmetric environment, said Blake.

"There is this complexity you have to deal with," he said. "...to prosecute the war on many fronts."

The leading cause of casualties in Iraq is IEDs. The simulations training will help Soldiers identify, handle, and dispose of the explosives safely, Blake said.

The training has been well received by Soldiers worldwide.

"There are different ways in which you can detonate them and configure them because it's hands-on," Blake said. "[Soldiers] can gain an understanding of how our adversary may construct one and how one might be hidden."

The training also lets the Soldiers know when an explosion occurred, but they do not get injured.

Soldiers are immersed into a virtual environment when training on the Virtual Combat Convoy Trainer.

"The training scenarios immerse Soldiers into a variety of real-life situations," states a report by Sara Delk-Tierney at the Lockheed Martin Simulation, Training, and Support Center, which works with PEO STRI. "...Thus providing the Soldier and convoy leaders with the skills necessary to save lives."

Basic VCCT training includes mission rehearsals, and convoy handling, as well as recognition of IEDs.

Currently, there are more than 318,964 training devices for Soldiers at 414 worldwide stations and 20 foreign countries ranging from Camp Shelby, Miss., to Baghdad, Iraq. PEO STRI, located in Orlando, Fla., is a partnership between with the Kennedy Space Center, National Center for Simulation, among others.

"The Acquisition community is leaning forward to help the Soldiers," Blake said. "If there's a way to get it there, we'll get it there."

APG News

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Deadline for copy is Thursday at noon for the following Thursday's paper.

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UXO demo

Photo by CASSANDRA
TOMARCHIO, BOOZE,
ALLEN AND HAMILTON

Morris Fields, from the U.S. Army Corps of Engineers, Engineer, Research and Development Center, walks with an EM 61 Dual Mode Handheld Sensor during an unexploded ordnance technology demonstration hosted by the U.S. Army Environmental Center and the Aberdeen Test Center. Participants in the National Association of Ordnance and Explosive Waste Contractors Technology Transfer Workshop came to APG's Standardized UXO Demonstration Site on July 20 to view several innovative UXO detection and discrimination systems.

The APG Forum

Letters to the editor

The present gate issue is ridiculous. For instance, I live about four miles from work when using the center gate. I couldn't use the center gate Aug. 3 at quitting time or I would have been in the main intersection because it wasn't moving. I turned left and used the 715 (to Route 40) Gate to take the longer way getting home. I left work shortly after 4:30 p.m. and arrived home about 50 minutes later.

Why can't two lanes exit at the Route 715 Gate rather than just one? That would help the situation especially during ozone action days where you are supposed to avoid idling vehicles. Yesterday's excessive time, idling vehicles and very slow movement of traffic causes pollution and accidents.

I think a little thought on everyone's part could help resolve the gate problem (especially since lowering to Bravo).

Perhaps it would be helpful to save fuel usage and stop more pollution if flexible hours were encouraged.

No one wants to be stuck in traffic especially when exiting a government facility.

Jane Nicholas
U.S. Army Aberdeen Test Center

Could you please put out to the work force and APG residents the justification for not opening two lanes of traffic exiting post at the Route 715 and 22 gates at quitting time? This was a problem before the 22 closure.

Given the current Force Protection Level of Bravo, they are our only exit routes, the wasted gas, increased pollution (and these are ozone action days), the increased stress levels on the work force and residents for having to wait a half hour or more just to get through the gates, we're sitting ducks to a terrorist attack sitting in congested traffic. There are armed guards at the gates if someone tried to break through the traffic and come in the wrong way. Why can't they be opened up to two lanes out 4 to 5 p.m. during the week and 3 to 4 p.m. on RDO's?

Sherrie Harris
U.S. Army Aberdeen Test Center

Response:

The Directorate of Law Enforcement and security appreciates the patience of all concerned regarding the Harford Gate (Route 22) closure. The gate is closed for construction of new access control features. This construction involves demolition, roadway excavation and barrier installation.

Contractually, the gate area must stay closed and will not be used until construction is complete.

Quite simply, it is not safe for regular vehicular traffic to co-exist with construction workers and equipment that must be allowed unencumbered movement in the gate area. Contrary to some opinion, all lanes at Harford Gate will be affected by this process, to include excavation of portions of the entire expanse (all four lanes) of roadway.

While not a perfect temporary solution, the Aberdeen Boulevard Gate, is only two lanes, one inbound and one outbound.

It cannot be changed to two lanes outbound as there are residences just outside the gate and we cannot deny them access to their homes. Having two lanes in or outbound while on post, only to immediately revert to one lane, serves no purpose.

The Maryland Gate (Route 715) is two lanes outbound, until drivers approach the temporary Visitor Center and then merges

to one lane. The site of the temporary Visitor Center and the parking area prohibit two lanes outbound. Near term plans call for the completion of a new Visitor Center and Vehicle Inspection area that will permit use of all traffic lanes without disruption.

Until the new access control measures are in place, we must continue to use the temporary barriers to assist with traffic calming and force protection.

All venues, to include the *APG News*, Community Action Councils and staff meetings, are used to advise of the delays during the construction period.

Additionally staggered work hours and carpooling are suggested as ways to decrease the time spent waiting in line.

Robert Krauer
Directorate of Law Enforcement and Security

Dear editor:

What is the policy regarding vehicles leaving post, with respect to one- or two-lane traffic? Are vehicles supposed to utilize both lanes at the Route 715 and Route 22 gates, and merge as they approach the barriers, as they do upon entering post, or are they to queue up in one long line in the right-hand lane?

There are no signs exiting post urging motorists to use both lanes and then merge, as there are when entering the installation, leading to confusion and anger among drivers. Each driver, whether he is following the one-lane or two-lane philosophy, thinks he is in the right, and resents any other driver who does not share his view, leading to aggressive behaviors which are potentially dangerous.

Please clarify the traffic pattern policy in the APG News, or some other post-wide forum.

Thank you for your consideration of this matter.

Judith K. Glassman
U.S. Army Aberdeen Test Center

Response:

Drivers are urged to use both lanes inbound and outbound of APG gates. At the barricades, motorists should alternate the right of way, allowing every other car to move into the primary entrance lane, like a zipper.

The provost marshal warns drivers who pull out in front of other vehicles, block traffic lanes or exhibit other aggressive tendencies that they are driving on a federal installation and are subject to citations through the federal court system.

Robert Krauer
Directorate of Law Enforcement and Security

acts as a complement to the long-standing and on-going Chesapeake Bay Program's SAV Task Group efforts. For more information, access the CRC Web site, www.chesapeake.org/SAV/about.html.

SAV

From front page

"I love working on the bay," he said. "This is my office."

The SAV Partnership

To facilitate fresh water SAV and restoration in the bay watershed, the Chesapeake Research Consortium was asked to establish a partnership of institutions. At its inception in 2002, the FW SAV Partnership outlined its mission to expand knowledge and research on 1) basic biology, physiology, and ecology of

FW SAV and 2) new approaches to restoring these species. The partnership goals include compiling existing information, research, determining growth requirements for FW SAV, identifying and developing new approaches to their propagation and restoration, and distributing results to federal, state and local resource managers, researchers and educational groups.

The partnership is currently comprised of 20 member institutions, including federal and state agencies, academic institutions, and non-governmental organizations. The partnership



Submerged aquatic vegetation exists in abundance near Aberdeen Proving Grounds' Gunpowder River boat docks.

Set in stone



Photo by NEAL SNYDER, USAEC
Col. Tony Francis, commander of the U.S. Army Environmental Center, helps carve a memorial to the four Boy Scout leaders killed at the National Jamboree in July at Fort A.P. Hill, Va.

Visit
APG News
online at
www.apgnews.apg.army.mil

Community Notes

SATURDAY
AUGUST 13
WACVA CHAPTER 114
MEETING

The Chesapeake Beacon, Chapter 114, of the Women's Army Corps Veterans' Association will hold its monthly meeting at the Perry Point VA Medical Center Outpatient Clinic, 10 to 11:30 a.m.

All women serving in the armed forces are welcome to attend and decide whether they would like to join the Women's Army Corps as regular members of the chapter (all women serving in the Army, Army Reserve, Army National Guard, Army Nurse Corps, Women's Army Corps and Women's Army Auxiliary Corps), members-at-large (women who do not want to belong to a chapter at this time), or associate members (women in the Air Force, Marines, Navy and Coast Guard).

For more information, call or e-mail Wanda Story, 410-272-5040 or OkieGirlMD@aol.com or visit Web site, www.wacva.com.

SUNDAY
AUGUST 14
VFW BREAKFAST SUP-
PORTSTROOPS, COM-
MUNITY

VFW Post 5337, 3705 Pulaski Highway, Abingdon, will host a breakfast 8:30 to 11:30 a.m. Cost is \$6 and includes omelets, eggs, meats, home fries, pancakes, French toast and creamed chipped beef.

All profits benefit veterans, U.S. troops in Afghanistan and Iraq, local schools and senior citizens of the community.

The breakfast is held the second Sunday of every month.

For more information, call 410-676-4456.

WEDNESDAY
AUGUST 17
NCMA CHESAPEAKE
CHAPTER MEETING

The National Contract Management Association, Upper Chesapeake Chapter, will sponsor a lunchtime presentation 11:30 a.m. to 1 p.m., at the Sheraton 4 Points Hotel, Aberdeen.

The presentation will start promptly at noon. The presentation subject is Working Side by Side: What Are the Pitfalls.

Guest speakers will be Richard Drill, Special Agent, Maryland Fraud Resident Agency, U.S. Army Criminal Investigation Division Command and Robert Madgett, Contracts Manager, Bechtel National Inc. on the Accelerated Aberdeen Chemical Agent Disposal Facility, APG.

Cost to attend is \$19 for members and \$21 for non-members, payable by check or cash at the door.

Payment is required if registration is made and there is a no-show.

Cancellations must be made by Aug. 11.

For more information or to register, call Cynthia Dietz, 410-436-4427, e-mail Cynthia.Dietz@us.army.mil, or fax 410-612-5425; or call

Christina.Peterson, 410-436-4523, e-mail Christina.Peterson@us.army.mil, or fax 410-436-2200.

The Upper Chesapeake Chapter recommends 1 CLP for this presentation.

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard

To verify listing, call 410-272-9008, or visit www.aafes.com and click on "Movie Listing"

DARK WATER

(Rated PG-13)

Friday, Aug. 12, 7 p.m.

REBOUND (FREE
ADMISSION)

Saturday, Aug. 13, 9 p.m.

Starring: Jennifer Connelly, John C. Reilly, Tim Roth,

Starring: Martin Lawrence, Wendy Raquel Robinson, Breckin Meyer

In the middle of a nasty divorce, Dahlia Williams (Connelly) packs up and moves into a new apartment with her young daughter, Ceci. But her new digs are run-down and cramped, plus, she keeps hearing mysterious noises and a strange liquid begins leaking through the ceiling.

After a public tantrum in which he kills the school's mascot, college basketball coach Roy McCormick (Lawrence) finds himself banned from the court. The only coaching gig he can find is leading a crew of athletically challenged junior-high nerds. (Rated PG-13)



Channel 21 features
Pentagon channel programming

These programs are subject to change each week and will be updated accordingly.

Monday

Focus on the Force, 5:30 a.m.
American Veteran, 9:30 a.m. and 9:30 p.m.
Army Newswatch, 11 a.m.
FJ Iraq/AF Prime Time, 1 p.m.
State Department Briefing, 3 p.m.
Around the Services, 5:30 p.m.

Tuesday

Around the Services, 8 a.m. and 8 p.m.
Your Corps, 10:30 a.m.
Focus on the Force, 1 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.
Army Newswatch, 7 p.m.
Navy/Marine Corps News, 9 p.m.

Wednesday

Around the Services, 8 a.m.
Army Newswatch, 9:30 a.m. and 9:30 p.m.
American Veteran, 1 p.m.
Focus on the Force, 2 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.
Your Corps, 5 p.m.
Around the Services, 8 p.m.

Thursday

Around the Services, 8 a.m. and 8 p.m.
Army Newswatch, 9 a.m. and 9 p.m.
Navy/Marine Corps News, 11 a.m.
Focus on the Force, 1 p.m.
State Department Briefing, 3 p.m.
American Veteran, 5 p.m.

Friday

Around the Services, 5:30 a.m. and 8 p.m.
FJ Iraq/AF Prime Time, 9 a.m.
Recon, 12:30 p.m.
State Department Briefing, 3 p.m.
FJ Iraq/AF Prime Time, 4 p.m.

Saturday

Around the Services, 5:30 a.m.
FJ Iraq/AF Prime Time, 7:30 a.m. and 9:30 p.m.
Engineer Update, 1:30 p.m.
Opportunity Showcase, 3 p.m.
Army Newswatch, 5:30 p.m.
Battleground, 7 p.m.

Recon, 8 p.m.

Sunday

Army Newswatch, 5:30 a.m. and 4:30 p.m.
FJ Iraq/AF Prime Time, 10:30 a.m.
Your Corps, 11 a.m.
American Veteran, 1 p.m.
Navy/Marine Corp News, 3 p.m.
Around the Service, 7:30 p.m.
Battleground, 9:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army

Around the Services – From the Pentagon Channel NewsCenter, daily half-hour program featuring military news from top defense officials and the military services from around the world

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, operations and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today's sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the United States Air Force

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from WWII, Korean War, and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Post Shorts

For more information, call 410-273-6412.

FEW scholarship closes tomorrow

The Maryland Tri-County Chapter of Federally Employed Women will sponsor the 2005 Dottie Dorman Working Woman's Scholarship.

The winner will receive a \$300 scholarship to pay for or offset college expenses incurred in pursuit of her continuing education. The winner will be announced Aug. 24 at the APG Women's Equality Day observance and awards ceremony at the Ball Auditorium

To qualify for the scholarship, the recipient must:

- Be a female employee in any federal job in Baltimore, Cecil or Harford County.
- Currently be pursuing college-level education studies.
- Prepare a short essay (not to exceed one typewritten page) your educational plans and explaining how this scholarship will be used.

Applications must be submitted to the Maryland Tri-County FEW Scholarship, c/o Suzanne Schultz, 952 Chesapeake Drive, Havre de Grace, MD 21078 no later than Aug. 12.

For more information, call Schultz, 410-278-9514, or Melissa Smith, 410-642-2411, x5129.

Routes 22 and 755 gates closed

Aberdeen Proving Ground's Harford Gate (Maryland Route 22) continues to be closed for renovations. It will remain closed for several weeks.

The Aberdeen Gate (APG Road/Aberdeen Boulevard) is open for inbound traffic only from 4 to 9 a.m. It opens for both inbound and outbound traffic from 9 a.m. to 10 p.m., Monday through Friday, excluding federal holidays.

Access at this gate is restricted to government ID holders only.

Trucks and visitors must use the Maryland Gate (Maryland Route 715).

The Wise Road Gate (Route 755) is closed until construction is completed. To support traffic flow, the Magnolia Gate has been opened.

The Magnolia Gate hours and entry control is identical to the Wise Road protocol—government ID only, no trucks or deliveries. The Magnolia Gate hours are 4 a.m. to 8 p.m., Monday through Friday and closed on Saturday, Sunday and federal holidays.

Visitors should continue to use the Route 24 Gate, which is operational 24 hours per day, 7 days per week. Visitors will not be permitted to enter through the Magnolia Gate unless accompanied by a government ID holder.

Delays may be expected at various times.

'Aberdeen Area cleanup' public meeting scheduled

The Installation Restoration Program will hold a public meeting Aug. 18, at the Aberdeen Senior Center on Franklin Street. An informal poster session at 6:30 p.m. will be followed by a presentation at 7:15 on proposed cleanup plans for groundwater and sediment at sites within the Aberdeen Area.

For more information, call the Information Line at 410-272-8842 or 800-APG-9998.

Women's Equality Day Essay & Display Contest

All military, civilian, and family members within the Aberdeen Proving Ground community are welcome to participate in the Women Equality Day essay and display contest. The theme is:

“Celebrating Women's Right to Vote.” Essay and display entry deadline is Aug. 16. Displays may include models, posters and/or collages. Essays must be double-spaced, 12 fonts and two to four pages in length.

Plaques will be awarded to first and second place winners in each category during the award ceremony, which will take place at the Wadsworth lobby area located in building 3071 at 2 p.m., Aug. 25.

For more information, call Master Sgt. Arbel Connor, 410-278-2529, Sgt. 1st Class Tasha Ahmed or Staff Sgt. Antonio Chavez 410-278-5598.

Olympic Pool closes concert week

Olympic Pool will be closed Aug. 15 through 21 due to concert preparation.

Retirement briefings

The Army Benefits Center-Civilian will present retirement briefings Sept. 20 at the Post Theater, building 3245. The first briefing, 8 a.m. to noon, is for employees covered under the Civil Service Retirement System, and the second briefing, 1 to 4 p.m., is for employees covered under the Federal Employees Retirement System. The speaker will give a general overview on retirement to include topics such as military deposit, deposits and redepots, survivor annuity, etc.

All civilian employees are eligible to attend the briefing.

For more information, call Teri Wright, 410-278-4331.

Pet supplies needed

Because of the large number of dogs in need of adoption at the APG Veterinary Treatment Facility, dog food is in short supply.

Donations of this item can be brought to the clinic located at 2479 Oakington Street.

The facility is open 7:30 a.m. to 3:30 p.m., Monday

through Friday.

For more information, call 410-278-3911/4575.

Earn money in research studies on hearing

The U.S. Army Research Laboratory is conducting a study on hearing. Participants need to be 18 to 30 years old with normal hearing.

The time commitment is 3 to 4 hours, and each participant will be paid \$15 per hour. Employees of ARL and their relatives are not eligible.

Interested volunteers should contact Justin MacDonald, 410-278-5925, e-mail jmacdonald@arl.army.mil or Paula Henry, 410-278-5848, e-mail phenry@arl.army.mil.

TRICARE briefing

Military families are invited to a briefing on the US Family Health Plan at Johns Hopkins, a TRICARE option, 6:30 to 8:30 p.m., Aug. 25, in the APG Recreation Center television room.

The session is open to all DEERS-eligible active duty family members and retirees of all ages and their family members of the seven uniformed services, family members of Reserve/National Guard on active duty for 31 days or more, unremarried spouses and qualified unmarried children of deceased retired service members.

For more information, to schedule a private consultation or to make a reservation, call 1-800-808-7347 or 443-287-2529.

\$1 Bag sale at Thrift Shop

A \$1 bag sale at the APG Thrift Shop will continue throughout August.

Customers will be provided a 13-gallon bag to fill from items displayed in the shop's parking lo or back room.

Shopping hours are 11 a.m. to 6 p.m., Wednesday and 10 a.m. to 2 p.m., Thursday. Fall consignments are now being accepted.

For more information, call 410-272-8572 during shop hours.

APG plans Retiree Appreciation Day

Aberdeen Proving Ground will hold its annual Retiree Appreciation Day, 8 to 11:45 a.m., Oct. 22, at the Aberdeen Area Recreation Center, building 3326. Representatives from area agencies to include, Kirk U.S. Army Health Clinic, Commissary, Post Exchange, Community and Family Activities and the Veterans Administration will be on hand. The Military Officer's Association of America (formerly The Retired Officer's Association) will provide a guest speaker. Following the program everyone is welcomed to stay for lunch at the Dining Facility, building 4503.

For more information, call Army retirees Col. Charles M. Shadle, chairman of the APG Retiree Council, 410-663-9263, or Command Sgt. Maj. Barry Decker, co-chairman of the APG Retiree Council, 410-306-1153.

Special commemorative Marine Corps

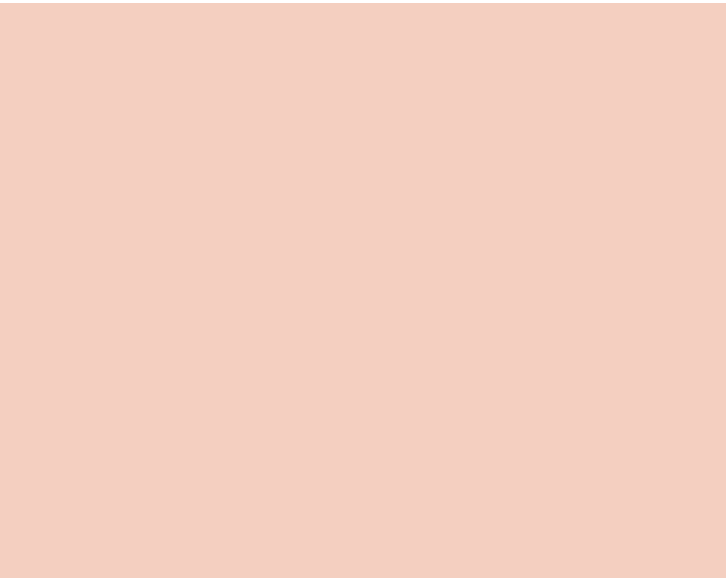
coin available for purchase

Congress has approved a special commemorative coin to be minted, the 2005 Marine Corps 230th Anniversary silver dollar.

The surcharges from the sale of each coin will benefit the creation of the National Museum of the Marine Corps at Quantico, Va., which is being developed as partnership of the Marine Corps Heritage Foundation and the United States. The image of the flag raising at Iwo Jima, represented at the Marine Corps War Memorial, is ingrained in the public mind as perhaps the enduring image of World War II as well as the coin.

Produced by the United States Mint in limited quantity, the coin is only available for a limited time. Coins in both proof and uncirculated condition are also available. The coins went on sale July 20.

For more information or to purchase a coin, visit http://www.usmint.gov/mint_programs/commemoratives/index.cfm?action=Marine, call the Customer Care Center at 1-800-872-6468, 8 a.m. to midnight, seven days a week, or contact in writing the U.S. Mint Customer Care Center, 801 9th Street, NW, Washington, DC 20220.



Safety

Buckling up the community

Maj. Nancy Saddler
Kimbrough Ambulatory Care Center

Failure to buckle up seat belts affects everyone, not just those involved in a crash. It's important to keep that in mind when educating the public to support legislation and enforcement.

Families are paying the price. Every nine seconds someone is injured in a traffic crash. Every 13 minutes someone is killed.

Children and young people are paying the price. Traffic-related injuries are the leading cause of death for children and young adults aged 6 to 27.

Research shows that when a driver is unbuckled, 70 percent of the time, if children are also present in the vehicles, they are also unbuckled.

Businesses are paying the price. On-the-job crashes cost employers an average of \$22,000 per crash and \$110,000 per injury due to lost productivity and higher insurance and medical costs.

Society is paying the price. Eighty-five percent of all medical costs of crash victims fall on society, not the individuals involved.

Medicare, Medicaid and other taxpayer-funded sources pay 24 percent of those costs. When crash victims are unbuckled, their medical treatment costs are usually 50 percent higher.

Traffic-related injuries are the leading cause

of all injury deaths in America. This problem is serious and immediate.

Everyone can play a part to educate and urge others to buckle up. Community groups can use their existing communications tools – like newsletters or Web sites – to spread the word.

Businesses can hold safety meetings and implement strong seatbelt policies as part of a comprehensive employee safety program. And individuals can take part by setting the example.

It is vital that all Americans protect themselves and their children by buckling up on each and every trip – whether it's across the country, across town or to the neighborhood store – and talk to those they know about doing the same. Unlike many serious threats to public health, the solution to this problem is simple. It's one click away.

Working together – as individuals, community members, public officials, business and health leaders and law enforcement officials – will influence more people to support those interventions proven to work in getting more children and adults buckled up.

It means closing the gaps in child-passenger safety laws, working for primary enforcement laws, and supporting law enforcement's efforts to save lives through strict compliance with the laws.

Setting the example and educating

Join the Buckle Up America partnership in the community.

- Buckle up everyone on every trip, regardless of whether it's across the country or to the corner market.

- Instruct children to always buckle up in other people's vehicles.

- Ask and encourage friends, family and loved ones to buckle up and use child safety seats. Friends don't let friends ride unbuckled.

- Require driving-age teenagers to buckle up themselves and to require their friends to do the same as a condition of riding in the vehicle.

- Properly secure every child in a vehicle in a child safety seat, booster seat, or seatbelt appropriate for the child's age, height and weight.

- Seek assistance from law enforcement, fire and rescue, and health specialists if unsure about the correct way to secure a child in a safety seat.



- Never put an infant in a rear-facing child safety seat in the front seat of a vehicle equipped with a passenger-side air bag. Always properly restrain children 12 and under in the back seat – the safest place in a vehicle.

- Work with advocacy groups and support strengthening seatbelt and child-passenger safety laws.

- Work with advocacy groups to support high visibility enforcement of seatbelt and child-passenger safety laws.

- Write to newspapers and television and radio station general managers supporting a partnership to increase safety-belt and child safety-seat use and law enforcement's efforts to urge compliance with the seatbelt and child-passenger safety laws.

- Never allow anyone to ride in the bed of a pick-up truck.

(Editor's note: This is a Kimbrough Ambulatory Care Center release.)

Maintaining gas, charcoal grill safety

CPSC

Each year, about 30 people are injured as a result of gas grill fires and explosions.

Liquid petroleum gas or propane, used in gas grills, is highly flammable.

Many of these fires and explosions occur when consumers first use a grill that has been left idle for a period of time or just after refilling and reattaching the grill's gas container.

To reduce the risk of fire or explosion, consumers should routinely perform the following safety checks

- Check the tubes that lead into the burner for any blockage from insects, spiders or food grease.
- Use a pipe cleaner or wire

to clear blockage and push it through to the main part of the burner.

- Check grill hoses for cracks, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.

- Move gas hoses as far away as possible from hot surfaces and dripping hot grease. If the hoses can't be moved, install a heat shield to protect them.

- Replace scratched or nicked connectors, which can eventually leak gas. Check for gas leaks, following the manufacturer's instructions. If the odor of gas is detected when the grill is reconnected to the LP gas container, immediately turn off the gas and don't attempt to light the grill until the leak is fixed.

- Keep lighted cigarettes, matches or open flames away from a leaking grill.

- Never use a grill indoors.
- Keep the grill at least 10 feet away from the house or any building while in use.

- Do not use the grill in a garage, breezeway, carport, porch or under a surface that can catch fire.

- Do not attempt to repair the tank valve or the appliance. See a liquid petroleum gas dealer or a qualified appliance repair person.

- Always follow the manufacturer's instructions that accompany the grill. Consumers should use caution when storing liquid petroleum gas containers.

- Always keep containers upright. Never store a spare gas container under or near the grill or indoors. Never store or use flammable liquids, like gasoline, near the grill.

- To avoid accidents while transporting containers, transport them in a secure, upright position.

- Never keep a filled container in a hot car or car trunk. Heat will cause the gas pressure to increase, which may open the relief valve and allow gas to escape.

Consumers should use extreme caution and always follow manufacturer's instructions when connecting or disconnecting containers.

Grills manufactured after October 1, 1995, are required to have three additional safety features to eliminate leak hazards: a device to limit the flow of gas in the event of hose rupture; a mechanism to shut-off the grill; and a feature to prevent the flow of gas if the connection between the tank and the grill is not leak proof. Consumers should consider purchasing grills that have these safety features.

Charcoal grill safety tips

Each year about 30 people die and 100 are injured as a result of CO fumes from charcoal grills and hibachis used inside.

Charcoal produces carbon monoxide (CO) when it is

burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments. To reduce these CO poisonings, the Consumer Protection Safety Commission offers the following safety tips:

- Charcoal should never be used indoors, even if ventilation is provided.

- Since charcoal produces CO fumes until the charcoal is completely extinguished, do not store the grill indoors with freshly used coals.

- In April 1996, the U.S. Consumer Product Safety Commission voted to revise the label on charcoal packaging to more explicitly warn consumers of the deadly CO gas that is released when charcoal is burned in a closed environment. The new label reads, "WARNING... CARBON MONOXIDE HAZARD... Burning charcoal inside can kill you. It gives off carbon monoxide, which has no odor. NEVER burn charcoal inside homes, vehicles or tents." The new label also conveys the written warning visually with drawings of grills inside a home, tent, and vehicle. The drawings are enclosed in a circle with an "X" through it.



Courtesy of <http://www.iabef.org/May/Default.aspx>

Traffic tip of the week

When drivers come to an intersection where the traffic signals are out, they should stop their vehicle and treat the intersection as if it had stop signs in all directions. The first vehicle to the intersection has the right of way and if two vehicles arrive at the same time, the vehicle on the right has the right of way.

Health

Examining men’s health

Selina Jeanise
Raymond W. Bliss Army Health Clinic

Time and again research indicates that typically men do not seek preventive medical care or tests, and they tend to avoid going to the doctor, perhaps because they aren’t comfortable talking about their health or perhaps they don’t want to be perceived as weak.

It is extremely important for men to know and understand that they need to make preventive visits with their health-care providers. Men need to have appropriate health screenings to stay healthy, and it’s important to realize that with each visit they are building a relationship with their health-care providers. This relationship is important because it allows providers to better understand the needs of their patients as well as better detect any changes in their patients’ health.

Often, men put off seeking health care until they develop an illness or are beginning to have adverse health issues. Upon detection or diagnosis of any health issues they realize they have no idea or clue as to what they should do next. With regular check-ups or physicals, men have time to learn a little about their health with each visit and if they do have an illness or health issue they are better prepared with better knowledge.

One way to think about preventive health check-ups is to compare the care of the body to the maintenance of a car. Most men would not put off the recommended check-ups for their vehicle. Don’t put off the recommended check-ups for the body.

The next question is what, when, and how often? Most men know they need to have their prostate checked over the age of 50 (how many actually do that?), but how many realize men get breast cancer, too? How many of us know the age group most likely to develop testicular cancer is 15–35?

Body measurement

Measurements of height, weight and waist as well as body mass index are used to determine if a person is overweight and to find out if weight is a threat to their health. The American Heart Association recommends these measurements every two years after the age of 20.

Blood pressure

A machine measures the amount of pressure the heart exerts when pumping blood out, through the arteries, and the amount of pressure when the heart is at rest, between beats. The test is for early detection of high blood pressure (hypertension).

Blood pressure is determined by amount of blood flow and resistance to blood flow. Narrow arteries limit blood flow, thus raising blood pressure. The longer high blood pressure goes untreated, the higher the risk of heart attack, stroke, heart failure and kidney damage. Blood pressure should be checked at least every two years. However, if there is a family history of hypertension, tell the doctor. It may need to be checked more often.

Cholesterol test

This blood test measures the total blood cholesterol, low-density lipoproteins (LDL, or bad cholesterol), high-density lipoproteins (HDL, or good cholesterol), and triglycerides. Cholesterol is a type of fat carried by lipoproteins in the blood. LDL deposits cholesterol on the artery walls and HDL carries cholesterol away from the arteries and to the liver for disposal. When too much cholesterol is deposited

on the artery walls or when not enough is carried away, fatty deposits can develop in the arteries. Heart disease is the number-one killer of men in the United States. Men 20 years or older, should have their cholesterol checked at least every five years. But again, talk to a doctor. Depending on family history and health background, more frequent tests may be needed.

Colorectal cancer screening

This group of tests examines the colon and rectum for detection of polyps which may develop into cancer and may be present without symptoms. The types of tests are fecal occult blood test, flexible sigmoidoscopy, colon x-ra, and colonoscopy. The need for screening depends on the level of risk. Three major factors place a man at a higher risk:

- Age 50 or older.
- Family or personal history of colorectal cancer or adenomatous polyps.
- Personal history of inflammatory bowel disease.

For men 50 or older the American Cancer Society recommends:

- Yearly fecal occult blood test (FOBT).
- Flexible sigmoidoscopy every five years.
- Yearly FOBT plus flexible sigmoidoscopy every five years.
- Double-contrast barium enema every five years.
- Colonoscopy every 10 years.

Men at risk should talk to their doctor about the frequency of these tests.

Prostate cancer screening test

During the digital rectal exam (DRE), the doctor inserts a lubricated, gloved finger into the rectum, feels the prostate gland and checks for any lumps or firmness in the prostate. The prostate-specific antigen test is a blood test that measures the amount of a protein secreted by the prostate gland. The two tests are complementary. The American Cancer Society recommends a yearly digital prostate exam for men 50 or over. However, African-American men are at higher risk and should have them done yearly at an earlier age. Talk to a doctor.

Testicular exam

This exam is used to screen for any masses or any change in size, shape, or consistency of the testes. Any of these may be an indication of testicular cancer. Testicular cancer is the most common cancer for men between the ages of 15 and 35 in the United States. A doctor should check the testes during every physical exam. Men of all ages, starting in the mid-teenage years should examine their testicles monthly.

Sexually transmitted disease screening tests

These tests are used to detect infections spread via sexual contact, such as HIV (Human Immunodeficiency Virus), gonorrhea, genital herpes and chlamydia. Many of these diseases have serious and sometimes fatal complications. Sexually active teens and young adults are at highest risk, but STDs affect all age groups. A doctor can determine risk based on lifestyle and personal risk factors. Those at higher risk include:

- People who have had multiple sex partners, especially those who have exchanged sex for money or drugs.
- Males who have sex with males.
- Injection drug users and their sex partners.

Dental checkup

The American Dental Association recom-

mends regular, yearly, dental checkups.

Eye examination

The eye exam is to determine whether glasses or contacts are needed and to identify new vision problems. Eye charts are read and pupils are dilated with eye drops. The eye movement, peripheral vision, color vision and the sharpness (acuity) of eyesight is checked. The doctor will also check the inside of each eye with an instrument called an ophthalmoscope and measure the pressure inside the eyes. Common vision problems include:

- Glaucoma (increased pressure in the eye, which can lead to vision loss).
- Macular degeneration (deterioration of retinal cells, which gradually decreases vision).
- Cataracts (clouding of the clear lens of the eye, which blurs vision).

The American Academy of Ophthalmology recommends screening once between the ages of 20 and 39, every two to four years between the ages of 40 and 64 and every one to two years after age 65. If corrective lenses are worn, talk with a doctor about the frequency of eye exams.

Hearing test

A doctor or a trained technician checks speech and sound recognition at various volume levels for hearing loss. This should be done at least every decade through the age of 50 and every three years after the age of 50. However, men at higher risk for hearing loss, should be checked more often. Talk to a doctor.

Electrocardiogram (ECG)

Electrodes are placed on the chest, arms and legs to pick up and record electrical impulses from the heart. Abnormalities such as heart damage after a heart attack, an irregular heart rhythm or an enlarged heart can be detected. A doctor may recommend this test as part of a health exam.

Chest X-ray

Chest X-rays reveal the size and shape of the heart and the condition of the lungs, which can help a doctor detect heart or lung disease. This may also be recommended as part of a health exam.

Blood-chemistry test

This test measures sub-

stances such as potassium, sodium, calcium, phosphorus and blood sugar, as well as liver enzymes, bilirubin and creatinine. A blood-chemistry test can provide information about how well organs such as the liver and kidneys are working. It can also detect diabetes.

Fasting blood sugar test

This test measures the level of sugar (glucose) in the blood after an eight-hour fast. High glucose levels can indicate diabetes. The American Diabetes Association recommends that men 45 or older, have their blood-glucose level checked every three years. Men at risk for diabetes, a doctor may test at a younger age or more frequently. Also get this test if signs or symptoms of diabetes exist such as excessive thirst, frequent urination, unexplained weight loss, fatigue or slow-healing cuts or bruises.

Skin examination

To check for skin cancer, a doctor examines the skin from head to toe, looking for moles that are irregularly shaped, have varied colors, are asymmetric, are greater than the size of a pencil eraser or have grown or changed since the last visit. The American Cancer Society recommends men have a skin exam every three years if they are between the ages of 20 and 40 and every year if age 40 or older.

These tests are a good reference for men of all ages to use in mapping out a preventive health plan.

See MEN’S HEALTH, page 14



Morale, Welfare & Recreation

Activities

Operating hours

The MWR Registration, Tickets and Leisure Travel Center is open from 9 a.m. to 5 p.m., Monday thru Friday, and 11 a.m. to 7 p.m., the first and third Friday of every month.

If that is a training holiday, the office will be open 11 a.m. to 7 p.m. on the Thursday prior.

For more information, call 410-278-4011/4907 or e-mail mwr_registration@usag.apg.army.mil.

usag.apg.army.mil.

Registration

Register for any MWR event by visiting the specific facility for the event, mailing in a registration form found in an MWR Program Brochure, visiting MWR Registration, building 3326, or visiting online at www.apgmwr.com.

MWR to award prize to 1 millionth receipt holder

Purchase any item from MWR and you could be the one millionth receipt recipient and win a prize package. MWR employees and their relatives are not eligible. More details will appear in the next couple of weeks.

Friday Social at Top of the Bay

Free munchies, music and games are featured at the Friday Social, 4 to 8 p.m. in the Down Under.

Additional beverages and food are available for purchase.

Rock climbing, darts, cards and table tennis are now being featured. Participants could win prizes and trips.

Jujitsu

These instructional classes in the “ancient art of hand-to-hand combat” are designed to enable the student to become proficient in the art of self-defense.

The course includes learning take-downs, grappling, gripping and ground floor fighting to subdue an opponent.

The instructor for this course will be World Champion, Grandmaster Irving Soto, a 10th degree black and red belt, who has experience as an actor, stuntman, musician and was honored in the International Hall of Fame.

Introductory sports playgroup

A new introductory sports playgroup program for Family Child Care youths will be held 11:30 a.m. to 1 p.m. each Thursday at the Edgewood Youth Center, weather permitting. The program will not be held on holidays. This program will launch children's interest in sports in a non-competitive fashion.

For more information, call Chris Fielder at 410-436-2862.

Last day to register for Fishing tournament

A cash prize fishing tournament

will be held 8 a.m. to 4 p.m., Aug. 14, at the Edgewood Boat Launch Ramp.

Contestants must provide their own equipment and bait.

Tournament rules and state fishing laws will be enforced.

A fishing license is not required.

Cost is \$10 for civilians and \$5 for active duty personnel.

Winners will be determined by the biggest fish (by weight).

Register by Aug. 11.

Feng Shui for the garden

Learn about safe sustainable horticultural practices that build healthy gardens, landscapes and communities 7 to 8:30 p.m. Aug. 17 at the Aberdeen Recreation Center, building 3326.

The class is presented by the Harford County Master Gardeners sponsored by the Maryland Cooperative Extension Service. Students must be 18 or older to participate.

Cost is \$10. Register by Aug. 15.

Tickets available for Sesame Street Live

Call MWR for tickets to Sesame Street Live at 1st Mariner Arena in Baltimore. When Super Grover loses his ‘superness,’ Sesame Street needs a hero. Never fear, your favorite Sesame Muppet friends are here. Get set to join The Fabulous Five, a new team of Sesame heroes, as they work to put the “super” back in Super Grover.

Show times include Friday, 7:30 p.m., Sept. 23; Saturday, 10:30 a.m. and 2 p.m., Sept. 24; and Sunday, 1 p.m. and 4:30 p.m., Sept. 25. All tickets cost \$14.50 each and are located on the 100 level. The last day to purchase tickets is Friday, Sept. 16. Pre-order tickets today.

Maryland Renaissance Festival tickets available

Tickets for the Maryland Renaissance Festival cost \$13.50 for adults ages 16 years and over and \$7.50 for children ages 7 to 15 years.

Prices at the gate cost \$17 for adults and \$8 for children. The festival is open weekends, 10 a.m. to 7 p.m., Aug. 27 through Oct. 23.

The Maryland Renaissance Festival is located on Crownsville Road, in Anne Arundel County in Crownsville, just outside of Annapolis, Md. Handicapped parking is available next to the main gate.

When entering the parking lot, follow the signs to the designated handicapped parking area.

Discount Orioles tickets for Labor Day

Celebrate Labor Day at Camden Yards with discounted Orioles tickets. See Baltimore play Toronto 1:35 p.m., Sept. 5.

Tickets cost \$9 for upper reserve seating and \$19 for left-field lower box seats. Pre-order tickets today.

SCHOOL LIAISON/YOUTH EDUCATION

Preparing for school

Harford County Public Schools ‘On The Web’ is the easy, fast way to get information on local schools including how to enroll, graduation requirements, school information, school calendar, hours of operation, student guidelines, safety and security, bus routes and stops, health services, pupil services, inclement weather policy, support resources and contact numbers.

Visit www.hcps.org and take advantage of this excellent and helpful resource today.

School information packets are also available at the School Liaison Office and CYS Central Registration in building 2752, or call 410-278-2857.

School openings

Aug. 29 - school opens for students grades K-12.

Aug. 31 - school opens for prekindergarten students.

Hours of operation:

School	Starting time	Dismissal
High Schools	7:45 a.m.	2:15 p.m.
Middle schools	8:15 a.m.	2:45 p.m.
Elem. schools	9 a.m.	3:30 p.m.
a.m. kindergarten	9 a.m.	11:30 a.m.
p.m. kindergarten	1 p.m.	3:30 p.m.
All-day kindergarten	9 a.m.	3:30 p.m.

For ‘Boundary Exceptions’ information, call the Director of Pupil Services, 410-588-5334, or stop by the School Liaison Office and pick up a brochure.

Contact Information: Send question or comments concerning Harford County Public Schools to Donald R. Morrison, director of Public Information, don.morrison@hcps.org, call 410-588-5203 or call the HCPS Customer Relations Action Line, 410-638-0022.

Send questions or comments about the HCPS Web site to webmaster@hcps.org.

School meetings

Roye-Williams Elementary School ‘Open House/Back To School Night’ is 6:30 p.m., Aug. 25.

Edgewood Elementary School:

‘New Parents Meeting,’ 6:30 p.m., Aug. 23

‘Open House,’ 4 to 6 p.m., Aug. 25

‘Back To School Night,’ 6:30 p.m., Sept. 13

Join the boat club

The Spesutie Island Boating Activity is accepting applications for the 2005 season.

Membership is open to active duty military, full time Army National Guard, retired military, APG DoD/Nonappropriated Fund civilian employees, retired APG DA civilians and long-term contractors with government ID card.

Membership requirements include performance of 10 hours of work and standing assigned security watches.

Members must provide proof of identifica-

tion, boat registration and liability insurance.

Costs are:

- \$20 per foot for a moored boat with parking lot space for trailers
- \$11.50 per foot for moored boat only
- \$8.50 per foot for a boat on a trailer in a parking lot space
- \$8 per foot for ramp access only

Applications can be picked up at the SIBA Club house, building 36 or at Outdoor Recreation.

For more information, call 410-278-4124.

2005 Tee Time Golf Pass now on sale

The 2005 Tee Time Golf Pass, on sale at Ruggles Golf Course for \$45, offers discounts at 362 courses in the Mid-Atlantic region.

Tee Time members pay only the cart fee at these courses. More than 210 courses offer either one free play with one paid or discounted player's fee.

Tee Time members save from \$10 to \$40 each time they tee it up. Almost 150 courses offer free green fees in

2005.

More than 50 courses on the pass are within an hour's drive of Aberdeen Proving Ground. Tee Time Golf Pass retails for \$50.

For golfers who like to travel, the addition of courses in Williamsburg and Atlantic City is welcome news. Mays Landing, Harbor Pines, McCullough's Emerald Isle and Twisted Dunes in Atlantic County join The Links at Brigantine and Cape May

National in offering superior discounts on the Jersey Shore.

Two nationally acclaimed venues in Williamsburg, The Tradition at Royal New Kent and The Tradition at Stonehouse, were added to an already strong line-up of layouts in Tidewater, Va.

More than a dozen quality layouts in the Ocean City, Md., area are included. Pinehurst and Myrtle Beach are two other destinations featuring courses in 2005.

LIBRARY BOOK CORNER

Operating hours of the Aberdeen Library, building 3320, are 1 to 5 p.m., Saturday and Sunday and 11:30 a.m. to 6:30 p.m., Monday through Thursday and closed on Friday. For more information, call 410-278-3417.

The following is a list of some new books available at the APG MWR Library:

The Triumph of the Sun by Wilbur Smith

Set in the Sudan in the late nineteenth century, this narrative is based on an actual incident in British colonial history: the holy war conducted by the Mahdi, or savior, and his siege of the British garrison at Khartoum. Smith elaborates on the military and religious issues and events surrounding the siege.

Love Creeps by Amanda Filipacchi

When Alan Morton begins to stalk Lynn, a move that puzzles rather than frightens her, she decides to do something about it. She randomly picks an attractive man, a lawyer named Roland, to follow. Alan in turn befriends Roland, and devises a plan: Roland will spend one weekend with Lynn if Lynn will then spend

a weekend with Alan.

The Historian by Elizabeth Kostova

A teenage girl discovers a medieval book and a cache of yellowed letters in her diplomat father's library. The letters are addressed to: "My dear and unfortunate successor." When the girl confronts her father, he tells her the story of his search for his mentor who disappeared from his office only moments after revealing his certainty that Dracula was still alive. Then her father disappears also.

The library's Web site, www.apgmwr.com/recreation/libraries.html, provides access to the library's online catalog and also has a complete annotated listing of the library's new material, as well as a list of available films on DVD.



3410 Springfield Street

Hours through Sept. 5
5 to 9 p.m., Monday through Thursday

5 to 10 p.m., Friday
1 to 10 p.m., Saturday

Saturday 1 to 8 p.m. Sunday and holidays

Fees:
Go Kart rides, \$5
18-hole miniature golf, \$3
Batting cage, 12 balls for \$5.00
Snack bar and arcade room available.

In case of inclement weather, call to see if park is open.

To discuss parties, events, group plans, call 410-278-4124.

APG lunch options


Recreation Center Snack Bar Building 3326 Serves lunch Monday thru Thursday, 11 a.m. to 1:30 p.m. For more information or to place an order, call 410-278-2621.	Ruggles Golf Course Sutherland Golf Clubhouse Building 5600 Lunch is served Monday thru Friday, 10 a.m. to 3 p.m.; Saturday thru Sunday, 7 a.m. to dusk. For more information, call 410-278-7263.
Top of the Bay Building 30 Lunch is served Monday through Friday, 11:30 a.m. to 1 p.m. For more information or to place an order, call 410-278-3062.	APG Bowling Center Snack Bar Building 2342 Double cheeseburger, choice of mayonnaise, lettuce, tomato, pickle and onions, French fries, soda, \$6.75 OR Chicken club sandwich with cheese and

bacon, choice of mayonnaise, lettuce, tomato, pickle and onions, chips, soda, \$4.75

The snack bar has a variety of items to choose from including hot meals, burgers, subs, sandwiches, baskets and pizza.

For more information or to place an order, call 410-278-4041.

Orders must be placed before 10:30 a.m.



Arts & Crafts classes

To register for an Arts & Craft class, call or visit MWR during hours of operation at building 3326; 410-278-4907/4011.

Edgewood Arts & Crafts, building E-4440, 410-436-2153

Woodshop orientation
The woodshop orientation is a safety course, required in order to use the woodshop. Cost is \$5.
Class will be held 9:30 to 10:30 a.m., Sept. 3.

Framing
This beginning class teaches the fundamentals of framing and matting. Students must bring an 8 inch by 10 inch picture to frame. Cost is \$25 plus supplies.
Class will be held 5 to 9 p.m., Aug. 25 and Sept. 29.

Stained glass
This beginning class will teach students how to make a simple sun catcher using the

copper foil method. Four sign-ups are needed for class to be held. Cost is \$25 including supplies.
Class is scheduled for 9 a.m. to 2 p.m., Aug. 20 and Sept. 17.

Ceramics
This basic ceramics class teaches the fundamentals of mold pouring, glazing and painting. Cost is \$15 including supplies.
Class will be held 5 to 9 p.m., Aug. 13 and Sept. 10.

Aberdeen Arts & Crafts, building 2407, 410-278-4207

Framing
This beginning class teaches the fundamentals of framing and matting. Students must bring an 8 inch by 10 inch picture to frame. Cost is \$25 plus supplies.
Class will be held 9 a.m. to 1 p.m., Sept. 3.

July CAC focuses on August concert, neighborhood watch

Yvonne Johnson
APG News

Numerous subjects affecting the Aberdeen Proving Ground community were addressed during the monthly Community Action Council meeting held at the Post Chapel July 28, but the upcoming concert and neighborhood watch received much attention.

Col. John T. Wright, APG Garrison and deputy installation commander led the meeting.

Wright encouraged all to attend the upcoming Miller Lite Army Concert Tour concert featuring Terri Clark, Chely Wright, Julie Roberts, and Miranda Lambert to be held on Shine Sports Field Aug. 20. Gates open 6 p.m. and the concert begins 7 p.m. Tickets cost \$20 in advance, \$25 the day of the show.

"This is a very significant event for the installation," Wright said. "It is the prime money maker for MWR activities."

Morale, Welfare and Recreation is now offering discount promotions for the event. For more information, visit the MWR Web site, www.apgmwr.com; call 410-278-4011/4907; visit MWR Registration in building 3326, or call Ticketmaster at 800-551-7328.

Wright encouraged all to "pay

attention to humidity and the heat index," during hot spells.

"There have been incidents involving the heat because people are not taking it seriously," Wright said. "Most of us are not acclimated for this climate. If you're not paying attention you're just asking for heat stroke or a heart attack."

KUSAHC

Kirk U.S. Army Health Clinic customers are encouraged to call 410-278-7224 for TRICARE concerns.

For grievance forms, contact Jan Spellman at 410-278-7224.

DENTAC

The Edgewood Dental Clinic is fully operational. The Aberdeen Clinic is receiving new equipment but this is not affecting operations.

AAFES

Renovation work is ongoing in the Main Exchange.

The Church's Chicken concession is being redesigned to add a drive-thru window and lane.

The Burger King renovation contract has been awarded.

Commissary

Wright and Commissary store director Tammy Spickler presented \$1,500 scholarships from the Defense Commissary Agency to this year's

essay winners. The recipients were Kelsey Kearney of John Carroll High School and Laura Soprano of Greater Grace Christian Academy.

The Commissary will close at 2 p.m. to allow for parking for the MWR concert Aug. 20.

A case lot sale is being planned for Sept. 29 to Oct. 1.

Chaplain

Brochures were provided on chapel services and activities.

The Chaplaincy 230th anniversary was celebrated July 28.

The new director of religious education is Caroline "Geri" Merkel. She can be reached at 410-278-4333.

DLES

Owners should make sure that pets have plenty of water in the heat, and drivers are cautioned not to leave children or pets in motor vehicles in hot weather.

The APG police have issued 45 speeding citations in the Scully Road area in the past month. Monitoring of this and other areas and ticketing of violators continues.

The Aberdeen Boulevard (Route 22) Gate should be reopened by Aug. 28.

APG is participating in the National Night Out observance, 5 to 10 p.m., Aug. 12, at the McGruff

House, 3847 Flag Court. Community Policing Officer Mike Farlow is heading up this activity.

MWR

Fans can purchase tickets for the Aug. 20 concert featuring Terri Clark, Chely Wright, Julie Roberts and Miranda Lambert, four top ranked stars, at the discount price of \$15 with the purchase of a case of Pepsi or Miller products. Take the receipt to the ITR office to get a \$5 coupon. This offer is good through Aug. 19.

DIO

The Maryland picnic area relocation is in the final stages of contract negotiation with the Enhanced Use Leasing contractor, hopefully with a start date in September to have it ready for next year's picnics.

Housing

The demolition of Grant Court in the Gunpowder area is underway. Residents are reminded to keep their children away from the demolition area until the project is completed.

Safety Office

APG residents, employees and guests are reminded that APG policy prohibits the use of earphones while running, jogging, walking, biking, skateboarding or operating motorized equipment.

To reduce the risk of West Nile Virus, and eliminate mosquito breeding grounds, empty or invert any water receptacles, such as birdbaths, flowerpot dishes, old tires, etc.

Entomologist

Fogging of mosquitoes is taking place in housing areas throughout the summer.

If anyone notices dead birds such as crows, blue jays, robins, etc., which have died for no apparent reason, call the entomologist at 410-278-3303 for pickup. They will be picked up and tested for West Nile Virus.

Yard of the Month

Command Sgt. Maj. Elvis Irby commented that some negative comments on the selection process for the Yard of the Month Competition have been received.

"I have a selection committee and if anyone would like to volunteer to participate in the selection process or to join the committee, please give me a call at 410-278-1509," Irby said.

Selection committee members who live in housing do not have a vote if their quarters are being considered for the Yard of the Month award.

The next CAC meeting will be held 9:30 a.m., Aug. 25 at the Post Chapel.



Chapel services

Aberdeen Chapel, building 2485

Catholic

Sunday

8 a.m., Reconciliation (appointments anytime)

8:45 a.m., Sunday Eucharist

10 a.m., Faith Formation (September through May)

Monday and Tuesday

11:45 a.m., Weekday Eucharist (except holidays)

Wednesday

7 p.m., choir practice

Second Sunday

12:30 p.m., Catholic Youth of the Chapel (restarts in September)

Protestant

Sunday

9 a.m., Sunday School (September through May)

10:15 a.m., worship service

Thursday

7 p.m., choir practice (September through May)

Second Saturday

8 a.m., meetings for the Protestant Men of the Chapel

Meetings for Protestant Woman of the Chapel

7 p.m., Monday; 9:30 a.m., Thursday; and 6 p.m., Sunday

Gospel

Sunday

11 a.m., Sunday School

Noon, worship service

Tuesday

6 p.m., choir practice

Wednesday

7 p.m., Bible Study

Third Friday

7 p.m., Protestant Women of the Chapel – Women of Grace

Second and fourth Friday

7:30 p.m., prayer meeting

First Friday

11:30 a.m., Men's fellowship

Latter Day Saints

Sunday

2 p.m., Sunday service

Jewish

Thursday

Noon, luncheon with Rabbi

Islam

Friday

1:30 p.m., service, building 5447

Edgewood Chapel, building E-4620

Catholic

Sunday

10 a.m., Reconciliation (appointments anytime)

10:45 a.m., Sunday Eucharist

9:15 a.m., Faith Formation (September through May)

Wednesday to Thursday

11:45, Weekday Eucharist (except holidays)

Tuesday

7 p.m., choir practice

Thursday

7 p.m., Rites of Christian Initiation for Adults, adult discussion (September through May)

Fourth Sunday

12:30 p.m., Catholic Youth of the Chapel (restarts in September)

Protestant

Sunday

9:15 a.m., worship

Latter Day Saints

Sunday

1 p.m., service

For other faith groups, special programs, rites, sacraments or ordinances, call the Post Chapel at 410-278-4333.

To speak with a chaplain, first call the unit chaplain. If caller does not know their unit chaplain, call the chapel. After duty hours, in an emergency, contact the Staff Duty Officer, 410-278-4500.

Health

From page 2

second-deployment Soldiers knew they'd be in the theater for a year also helped improve morale, Patterson said.

The MHAT II report noted that the second deployment included more behavioral-health personnel than the initial deployment, a higher ratio of behavioral health professionals to Soldiers, and better distribution of those caregivers. This translated to 40 percent of second-deployment Soldiers with mental health problems reporting they received professional help, compared to only 29 percent in the first deployment.

Both deployments had high return-to-duty rates for Soldiers with behavioral health problems, the report said. Patterson explained that the Army's behavioral health efforts focus on how to help the individual Soldier. Coming up with the right number of behavioral health people to be in the theater and how best to disperse them receives constant attention, he said.

"We significantly increased the number of providers in theater, even though the number of Army troops was less," he said.

One result of MHAT-I's recommendations was better distribution of the Army's behavioral health providers for the second deployment, Patterson said.

"The larger forward operating bases generally had the best quality of life, because they have better infrastructure," he explained, "and there was a desire on any Soldier's part to go to a bigger operating base. But we wanted our people to get out to, if not be stationed at, the smaller operating bases. ... Our general guideline was to look throughout the theater and ensure that every base was covered, either within commuting distance of a base that had a behavioral health provider or by a circuit-riding behavioral health provider." That approach, called "proactive outreach," was "much better in OIF 2 than in OIF 1," he added.

With more behavioral health providers within easier reach of more Soldiers, some might expect that MHAT-II would have found higher numbers and percentages of Soldiers in the second deployment identified as having behavioral health problems than in the first. But that wasn't the case.

"The heart and soul of our combat and operational stress-control program is to intervene in problems before they reach the point that someone would screen positive for them," Patterson said. "So if we have success in our proactive outreach, we're able to see Soldiers early on when they're starting to have personal problems or family problems and work with that Soldier in how they handle it so that it doesn't end up making them a problem that needs mental health services.

"Also, we know that the better the Soldiers are trained in stress management and trained in what the theater is going to be like," he continued, "the better they are prepared to handle the stressors of the theater, and hence, the fewer problems they have."

Patterson said that while fewer Soldiers screened positive for behavioral health problems in the second deployment than in the first, those in the second deployment were far more likely to get professional help. And 41 percent of second-deployment Soldiers said they'd received adequate training in handling stress factors related to their deployment, compared to only 29 percent of initial-deployment Soldiers.

Suicides among Soldiers deployed in Iraq took a dramatic downturn from OIF 1 to OIF - 2, Patterson pointed out. "For 2003, the rate came to 18.8 per 100,000 Soldiers," he said, "and in 2004 it had dropped to 10.5 per 100,000 Soldiers. And the Army's historical rate over about 10 years is around 12 per 100,000 Soldiers."

While noting that the Army has "undertaken a significant number of programs to help Soldiers better handle the stress of being at war in Iraq," Patterson said any number of factors could play a role in improving morale and the behavioral health picture.

"It's very difficult to say any one thing contributed to that," he said, "because the improved training, the improved stress management, the improved quality of life, the improved delivery of behavioral health care - all of those interplay at some level, and we just don't know what's the major factor there."

But he does have a theory.

"I would never, ever underestimate the power of a good meal, a shower and a good night's sleep," he said.

Despite the encouraging trends, Patterson said, "we still have a lot of work to do," including standing up a unified training course for behavioral health personnel, and publishing a field manual that outlines procedures for in-theater behavioral health people. Another challenge is setting up good metrics for behavioral health that define what behavioral health people do and their measures of success.

"We recognize clearly that we've got to come up with a metrics system that gives us meaningful data," he said. "We have some differing systems, and some of them are even home-grown, where they're keeping certain metrics. That may help a unit be able to track what they're doing, but it doesn't help at a theater level unless all of the data points are compatible and consistent."

Soldiers in both deployments expressed concern about a perceived stigma and organizational barriers to seeking mental health care, Patterson said - a problem he said is not unique to the military.

"The American culture has a problem and Western civilization has a problem with stigma associated with mental health care," he said, "and we're making an unbelievable effort to fight that, and it still is a problem."

He noted that from OIF 1 to OIF 2, the MHATs found no significant change in Soldiers' perception of stigma or barriers to care. The exception was that in areas where the availability of more behavioral health providers in OIF 2 made care more accessible, the perception of organizational barriers improved in OIF 2. In both rotations, he added, Soldiers who screened positive for mental health problems were roughly twice as likely to perceive barriers or stigma.

Patterson said the Army's surgeon general is so concerned about the problem that he's proposing a program to "reset the force." Kiley's vision is that starting at the brigade level and moving forward from there, eventually all Soldiers will have a mental health discussion, the theory being that if everyone has to do it, no stigma goes with it.

"We've recommended that leaders be trained at all levels - from squad leaders on up - and that all Soldiers are oriented," Patterson said. "We're working with leadership to try and establish a positive culture where you get soldiers help when they first become of aware of it - that there is 'eye maintenance,' that the leaders know their Soldiers well enough that they can perceive when a Soldier is troubled and help that Soldier get the right kind of help when they need it, rather than let the problem fester and become a major problem."

Having headed both advisory teams, Patterson had a firsthand look at the Army's behavioral health personnel in action in both OIF 1 and OIF 2.

"We were thrilled with the progress that they had made," he said. "We were very impressed with the enthusiasm and the dedication of the professionals there. They, almost to a person, took their job very seriously, were very conscientious, were very empathic to the plight of the Soldier, and also understood that the Army needed people to be able to do their job."

"We were very impressed with that whole process," he continued. "It's rewarding to make recommendations and then see the fruits of some of those recommendations."

Kiley and Patterson testified on military mental health services before the House Subcommittee on Military Personnel July 26.

Donations needed for CDC Adopt-a-Unit care packages

The Aberdeen Child Development Center's Parent Child Care Association is sponsoring an Adopt-A-Unit Care Package Drive throughout the year. For more information, call Jan Harvin, 410-306-1121 or e-mail janet.harvin@apg.army.mil.

The PCCA adopted the 385th Signal Company at Camp Doha, Kuwait. Harvin's husband is assigned to this unit.

Many of the young Soldiers are in need of supplies, phone cards, and moral support through cards, letters, pictures, etc.

The following items are suggested for donation:

Clothing: shoe laces for gym shoes and boots, brown T-shirts, boot socks, underwear, hand warmers

Food: Chips Ahoy cookies, individual packages (big bags often fill with dust if not eaten right away), other kinds of cookies, pasta and sauce, spices, smoked oysters and sardines, squeeze butter, Pringles chips, individually-wrapped licorice, microwave pop-

corn, ramen noodles, macaroni and cheese, olives, pickles, peppers (lots of bubble wrap around these items), cereal bars, microwave pasta that doesn't need refrigeration, hot cocoa mix, soup mix, M&M's

Essentials: koozies to keep water bottles and cans cool, AA and D batteries, air freshener, stick-ups, Fabreeze, canned air to blow dust out of electronics, stress relief squeeze balls, sewing kit, Lysol wipes/wet ones, inflatable seat cushions, razors, ink pens

Entertainment: newspapers, magazines, DVD's, word puzzle books, paperback books, poker chips, board games

Health items: icy/hot patches, air activated heat wraps for sore muscles, foot spa, foot powder, vitamins

Miscellaneous: micro-waveable plates and bowls, paper plates, holiday decorations, holiday cards and address books with entries for names and addresses.

Correction

In the Aug. 4 issue of the *APG News*, Veterans of Foreign Wars Post 10028 was credited with donating \$1,000 for the purchase of items in support of Sgt. Sean Steans, who was injured in Iraq. The donation actually came from American Legion Susquehanna Post 135 in Perryville. The *APG News* regrets the error.

Chapel youths take a safari through the bible



Marcus Linder makes a safari themed necklace.



Caroline Aloisi participates in a prayer, led by the instructor of her pre-school class.

Story and photos by
Rebecca J. Chisholm
APG News

“Roary” The Lion helped to tell some rather attentive children bible stories through activities, lessons and songs at this year’s Vacation Bible School Aug. 1 through 5.

Serengeti Trek, a program by Group Publishing, Inc., is a weeklong, safari themed program that places children into small groups to go through stations, focusing on a specific bible message each night. There is no charge to participate, and baby-sitting services are also available for children too young to actively participate.

Each evening opened with a sing-along, where all of the participants gathered in the chapel to sing praise songs, led by Spc. Chad Emrick, chaplain’s assistant.

One song in particular, “He’s the King,” had the children working hard to learn lyrics, as Emrick informed them they would be singing it during Sunday’s protestant service.



Jada Bright colors a picture during bible school.

Participants, ranging from pre-schoolers to sixth graders, traveled to four stations after the sing-along.

Bible Expedition, a station that taught the bible lesson of the night, was a classroom transformed into the location for the lesson. Adults and teens from the community told stories in costume, illustrating the particular point of the evening’s activities.

The theme for Aug. 1, day two of vacation bible school, was prayer. The story of Daniel in the lions den was taught and the children were given prayer pals. A screw with a washer in the middle and a bolt on the end enabled the children to slide the washer to one end to pray for themselves and the opposite end to pray for others.

Critter Crafts had the children creating items related to the Safari theme and the biblical lesson of the night. The craft on Aug. 1 was “Wild About Prayer” necklaces.

A video station showed the adventures of Chadder, a chipmunk. The film was shown as a nightly series, leaving the children wondering about Chadder’s fate, most certain to return the next evening to see the end.

The Watering Hole offered children a break from activities and a theme related snack as well.

The three- and four-year olds spent their evenings in the Lion Cub Club, where the preschoolers did crafts and were taught lessons on each particular theme.

Emrick and his wife Annette have been participating on the



Alison Smith sings along during the opening gathering at bible school.

bible school program for the past three years, though this was their first year coordinating the whole event.

“Annette does an outstanding job, we’re very proud of her,” said Chaplain (Maj.) Jeffrey Watters. “She’s the nerve center here.”

Eighty-one children and 38 adult and youth helpers attended the camp, though sports and work schedules made the exact number of participants vary.

After a successful week of camp which also was the end of Emrick’s time stationed at APG, they are headed back to their hometown of Parkersburg, W.Va. where they own a restaurant in nearby Vienna, W.Va.

Youth Center participates in National Kid’s Day



Shelby Popwell of the Edgewood Youth Center paints a cat face on Wilson Center camper, Ally Ringler.

Story and photos by
Rebecca J. Chisholm
APG News

Seventy children from summer day camps at Edgewood Youth Center and the Wilson Program out of Dublin and Darlington came together to celebrate National Kid’s Day in Francis Silver Park in Darlington for a cooperative carnival activity day Aug. 3.

Morning found the group from Edgewood manning carnival type booths for the Wilson youths to enjoy. From bowling to ring toss, the youths traveled from station to station, picking up prizes and friends along the way.

In the afternoon, the crews changed, with the Wilson group campers heading up group and sport activities for the Edgewood kids.

Julia Doggett, a nine-year-old fifth grader at Churchville Elementary School, said that this was her fourth summer participating in the camp offered at Edgewood. She joined up with her friends to man a bowling booth for the carnival.

“It’s fun, [a]cept it’s kinda hot,” she said.

The summer camp program in Edgewood is a full day camp, providing services for children ages 6 through 10. This year, 89 children are enrolled in the program, which includes trips, including one to Medieval Times, arts and crafts, swimming and



Edgewood camper Julia Doggett sets up bowling pins for her station.

other activities.

There is also a middle school program, in which 48 children, ages 11 to 13, are participating this year. This number is double the amount from last year, according to Renee Main, Summer Program Coordinator and Assistant Facilities Manager at the Edgewood Youth Center.

Although 137 children are signed up, not all of them come at once, Main said. Many vacation throughout the summer, thus attendance varies.

The carnival was conceived by Main, in combination with the Wilson Program. Children of school age are required to perform a specific number of community service hours each year. Main felt that a great way to get children to serve their community would be to have them serve other children.

Campers designed and manned their own carnival style game booths and Main provided simple prizes, from key chains to bubbles to distribute to the winners. Edgewood Youth Center holds Christmas and Halloween carnivals each year, so the youths were familiar with the idea.

The children from the Wilson Center are part of a summer day camp program for grades kindergarten through 8, and normally attend camp at either Dublin or Darlington Elementary schools. The site rotates each year.

Sponsored in part by Aberdeen Proving Ground Federal Credit Union, the camp costs \$55 per week, said Marthea Blewitt, executive director of the Wilson Center.

Campers were treated to a hot dog picnic lunch from the Wilson Center between morning and afternoon activities.

A nationally recognized, yearly celebration of National Kid’s Day by 2006 is the goal of Boys and Girls Clubs of America, according to a press release from National Kid’s Day. Thirty state governors have already signed proclamations declaring National Kid’s Day in their area and more are expected to this year.

National Kid’s Day was created to be an opportunity for adults to take a break from contemporary life and “celebrate and renew their commitment to the nation’s children.”

Over 500,000 children and their families are expected to participate in activities this year, at over 1,300 events.



Christian Wise of the Wilson Center perfects a flip while playing in the moon bounce as from left, Sheldon Kinsler, Dresdon Boulden, Kate Croft and Syd Gettier look on.

English soccer coaches spend week at APG



Illustration by BLAKE VOSHELL

Story and photos by
Rebecca J. Chisholm
APG News

Coach Terry Roberts instructs his group of young soccer players.

Two English university students spent a week teaching the Aberdeen Proving Ground Child and Youth

Kevin Kappauf shows off his face painting of the British flag design for the World Cup game at the end of camp.

Kevin Kappauf goes for a goal.

Services Sports and Fitness program children the elements of soccer through games and activities designed to promote skill and motor development.

For the fourth year in a row, children ages four through 13 had the privilege of learning soccer from English coaches through the Challenger Sports program.

Headed by Bill Kegley, Youth Sports and Fitness manager, the APG CYS Sports and Fitness program sponsored the camp Aug. 1 through 5.

“I’ve had the Challenger Program here for four years and will definately have them back for a fifth,” said Kegley. “The week went really well.”

Paul Grills, 20 of Cornwall, England and Terry Roberts, 21 of Liverpool, England, have spent their summer as Challenger coaches. Through the program, each has spent a week at a time in a number of locations on the east coast. Challenger splits the country into regions, having each coach travel individually from location to location within a particular region.

As is the English tradition, said Grills and Roberts, they grew up playing soccer. They have had extensive coaching experience, with Grills currently coaching for

the Football Association of England and Roberts formerly coaching youth soccer.

Both intend to make sports their career, as Grills is studying Sports Coaching and Roberts Sports Development.

Intending to move to the United States to coach, Grills’ goal is to spend a year here and then decide where to head.

Roberts plans on pursuing sports marketing, as that’s where the money is, he said.

At their school in England, the coaches saw ads at school promoting the Challenger program as a summer job.

The financial restitution far under weighs the chance to see the United States, said Grills, as the coaches receive a weekly stipend for their work, after traveling expenses are deducted.

“Meeting American people and learning their customs has been the highlight of the program,” Grills said. “We stay with host families during our camp stopovers.”

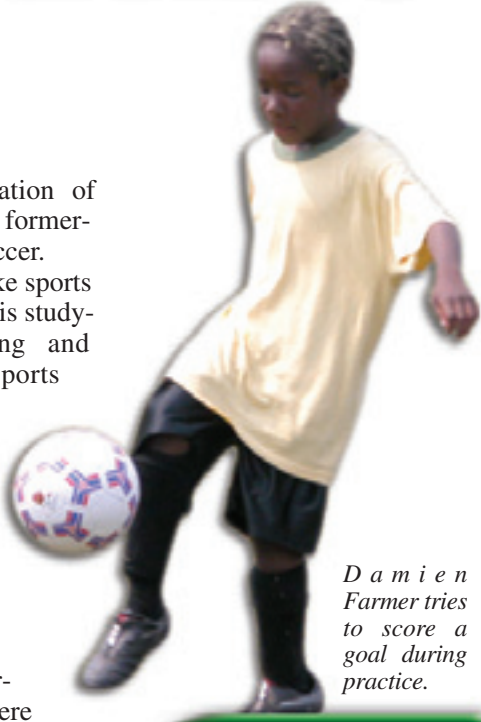
The coaches are both staying with Kegley and his family.

“The food’s terrible and the house is tiny,” joked Grills.

While in Aberdeen, they went to Baltimor’s Inner Harbor and to an Ironbirds game in Aberdeen.

“Everyone is really nice,” said Roberts, of the hospitality.

Enjoying the job greatly, Roberts said that he most enjoys teaching the youngest children, around age three.



D a m i e n Farmer tries to score a goal during practice.

For that age, soccer is more about fun and games, rather than skills and perfection as it is for older children.

As the standards at which the players perform are not as good as in England, where soccer is more of a mainstream sport, the Challenger camps focus more on the fun of the game than the seriousness of it for children under 11.

There also are camps that highly promote soccer technique available for those over 11 who want to fine-tune their skills.

From games involving cowboys and Indians to homemade flag contests, the campers get to participate in activities designed to work their minds as well as their bodies.

One day the children had to create their own energy drink, which the coaches had to consume. No raw eggs though, said Roberts, as a former camper’s drink made the leaders sick.

Another day, the children competed to see who could make the stickiest brownie. Bringing their creation from home, the campers stuck them on their foreheads. Whoever’s brownie stayed stuck the longest won.

Challenger Sports is growing by leaps and bounds, said Grills and Roberts. Most of the growth is through word of mouth, as more and more children tell their friends.

The camps are designed so that the campers come back year-to-year, learning something new each time. Those interested in the program can visit <http://www.challenger-sports.com/>.

Camps are now in 49 states, minus Hawaii, blossoming from a program started by three English men and seven coaches.

Grills plans to continue his participation in the program next year, then after graduating from the university, stay on in the states and coach.

Roberts is hoping to attend next year’s World Cup in early summer, but wants to be back in the United States to coach later in the summer.

Although they travel on a weekly basis, the coaches in the Challenger program do not get to find out their next destination until the Thursday before they head out of town.

But, wherever they go, they know that they will draw attention whenever and wherever people hear their British accents.

“We get a lot of attention just going to Wal-Mart,” Grills said.

And the girls? “They love it.”

Men’s Health

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The frequency and types of testing may vary from person to person depending on their individual health and family health history.

The information in this article was taken from the Mayo Clinic Web site, mayoclinic.com. This site is a credible source of good health information for the entire family.

(Editor’s note: This is a Raymond W. Bliss Army Health Clinic release.)